

# Heart and Sole 5K Overall Results

Position	Bib #	Name	Start	Finish	Total	Pace	Gender	Age	City	State
1	157	SALAS, HUGO	08:30:11.409	08:51:27.838	00:21:16.429	6:52	M	29	EAST BEND	NC
2	155	SALOR QUEZADA, RUBEN	08:30:11.409	08:52:03.127	00:21:51.718	7:03	M	54	WINSTON SALEM	NC
3	141	WRIGHT, KEVIN	08:30:11.409	08:52:44.900	00:22:33.491	7:16	M	29	DOBSON	NC
4	109	EASTER, NATHANIEL	08:30:11.409	08:53:38.620	00:23:27.211	7:34	M	16	MOUNT AIRY	NC
5	135	STARK, NICHOLAS	08:30:11.409	08:53:58.993	00:23:47.584	7:40	M	19	KING	NC
6	122	JOHNSON, RYAN	08:30:11.409	08:55:08.210	00:24:56.801	8:03	M	21	PILOT MTN	NC
7	142	COX, DANIEL	08:30:11.409	08:55:17.505	00:25:06.096	8:06	M	31	PINNACLE	NC
8	115	GWYNN, GREG	08:30:11.409	08:55:50.165	00:25:38.756	8:16	M	53	MOUNT AIRY	NC
9	147	DAVIS, AUSTIN	08:30:11.409	08:55:56.187	00:25:44.778	8:18	M	15	PILOT MOUNTAIN	NC
10	132	ROWLEY, KARSON	08:30:11.409	08:56:10.201	00:25:58.792	8:23	M	11	PILOT MTN	NC
11	138	UPCHURCH, CRYSTAL	08:30:11.409	08:56:16.683	00:26:05.274	8:25	F	41	PILOT MTN	NC
12	130	POINDEXTER, AUDREY	08:30:11.409	08:56:43.049	00:26:31.640	8:33	F	10	SILOAM	NC
13	114	GOULAS, FRANK	08:30:11.409	08:56:56.837	00:26:45.428	8:38	M	34	PILOT MOUNTAIN	NC
14	134	SMITH, LANDON	08:30:11.409	08:56:58.595	00:26:47.186	8:38	M	11	PILOT MOUNTAIN	NC
15	131	POINDEXTER, NOLAN	08:30:11.409	08:58:00.890	00:27:49.481	8:58	M	12	SILOAM	NC
16	139	VAUGHN, EMILY	08:30:11.409	08:58:13.674	00:28:02.265	9:03	F	22	CANA	VA
17	103	BRADDY, KHADIJA	08:30:11.409	08:58:16.832	00:28:05.423	9:04	F	29	CANA	VA
18	133	SHOCKLEY, DILLON	08:30:11.409	08:58:45.302	00:28:33.893	9:13	M	19	MOUNT AIRY	NC
19	124	MAGARACI, KRISTINA	08:30:11.409	08:58:56.547	00:28:45.138	9:16	F	40	KING	NC
20	137	TRUMP, MELANIE	08:30:11.409	08:59:05.305	00:28:53.896	9:19	F	37	PINNACLE	NC
21	101	ADAMS, GARI LEIGH	08:30:11.409	08:59:49.353	00:29:37.944	9:33	F	35	KING	NC
22	143	COX, JACK	08:30:11.409	09:00:56.980	00:30:45.571	9:55	M	31	PINNACLE	NC
23	121	JOHNSON, AUSTIN	08:30:11.409	09:01:03.105	00:30:51.696	9:57	M	18	PILOT MTN	NC
24	117	INGLE, JENNIFER	08:30:11.409	09:02:18.366	00:32:06.957	10:21	F	41	KING	NC
25	110	FELTS, MIKE	08:30:11.409	09:03:22.198	00:33:10.789	10:42	M	57	PILOT MOUNTAIN	NC
26	128	MOOREFIELD, RON	08:30:11.409	09:03:49.619	00:33:38.210	10:51	M	70	PILOT MTN	NC
27	105	BROWN, ELIZABETH ANN	08:30:11.409	09:03:58.880	00:33:47.471	10:54	F	55	KING	NC
28	154	BETH KISER, ROY	08:30:11.409	09:04:08.497	00:33:57.088	10:57	F	11	PILOT MOUNTAIN	NC
29	153	KISER, RENEE	08:30:11.409	09:04:10.794	00:33:59.385	10:58	F	40	PILOT MOUNTAIN	NC
30	126	MANUEL, MIKAYLA	08:30:11.409	09:05:35.083	00:35:23.674	11:25	F	15	PILOT MTN	NC
31	119	INMAN, BRITNEY	08:30:11.409	09:05:35.093	00:35:23.684	11:25	F	14	WESTFIELD	NC
32	148	SHAW, NOAH	08:30:11.409	09:05:35.266	00:35:23.857	11:25	M	16	PILOT MOUNTAIN	NC
33	113	GILLEY, TAMMY	08:30:11.409	09:05:40.786	00:35:29.377	11:27	F	54	PILOT MOUNTAIN	NC
34	104	BREWER, VERNA	08:30:11.409	09:05:59.394	00:35:47.985	11:33	F	74	KING	NC
35	123	LOWE, ASHLEY	08:30:11.409	09:06:05.937	00:35:54.528	11:35	F	24	MOUNT AIRY	NC
36	111	FURCHES, MELISSA	08:30:11.409	09:06:36.045	00:36:24.636	11:45	F	34	RURAL HALL	NC
37	158	CRUZ, MIREYA	08:30:11.409	09:07:22.003	00:37:10.594	11:59	F	32	DOBSON	NC
38	108	DUDLEY, LAUREN	08:30:11.409	09:07:50.817	00:37:39.408	12:09	F	35	KING	NC
39	144	COX, KRYSTAL	08:30:11.409	09:07:58.673	00:37:47.264	12:11	F	29	PINNACLE	NC
40	129	NITEN, AMY	08:30:11.409	09:08:19.134	00:38:07.725	12:18	F	37	MT AIRY	NC
41	116	INGLE, ALEX	08:30:11.409	09:11:42.861	00:41:31.452	13:24	M	12	KING	NC
42	106	CANTRELL, KIM	08:30:11.409	09:11:55.420	00:41:44.011	13:28	F	34	PINNACLE	NC
43	152	BEKITOV, JORDAN	08:30:11.409	09:13:12.025	00:43:00.616	13:52	F	21	PILOT MOUNTAIN	NC
44	118	INGLE, LEE	08:30:11.409	09:13:42.816	00:43:31.407	14:02	M	45	KING	NC
45	146	SEWELL, MELISSA	08:30:11.409	09:13:57.597	00:43:46.188	14:07	F	41	PILOT MOUNTAIN	NC
46	107	CRUTCHFIELD, EVERETT	08:30:11.409	09:14:07.642	00:43:56.233	14:10	M	59	BELEWS CREEK	NC
47	149	NICHOLS, HAILEY	08:30:11.409	09:16:11.653	00:46:00.244	14:50	F	15	PILOT MOUNTAIN	NC
48	156	SALAS, ABBY	08:30:11.409	09:17:28.921	00:47:17.512	15:15	F	29	EAST BEND	NC
49	127	MANUEL, HALEY	08:30:11.409	09:17:30.617	00:47:19.208	15:16	F	17	PILOT MTN	NC
50	136	SUTHERLAND, AMANDA	08:30:11.409	09:18:41.422	00:48:30.013	15:39	F	30	MT AIRY	NC
51	140	WILSON, ROXANNE	08:30:11.409	09:18:42.782	00:48:31.373	15:39	F	52	WESTFIELD	NC
52	151	GILLILAND, JUSTINE	08:30:11.409	09:19:54.830	00:49:43.421	16:02	F	28	PILOT MOUNTAIN	NC
53	150	GOODE, ALICE	08:30:11.409	09:19:56.816	00:49:45.407	16:03	F	25	WESTFIELD	NC
54	120	INMAN, DEBORAH	08:30:11.409	09:20:47.756	00:50:36.347	16:19	F	47	WESTFIELD	NC
55	125	MANUEL, TERESA	08:30:11.409	09:20:48.045	00:50:36.636	16:19	F	47	PILOT MTN	NC
56	100	SHARPE, STANLEY	08:30:11.409	09:22:27.095	00:52:15.686	16:51	M	83	PILOT MOUNTAIN	NC